

ATTACHMENT H

REA CURRICULUM INFORMATION SHEET

What is REAL Essentials Advance?

REAL Essentials Advance (REA) is a relationship skills training curriculum provided by The Center for Relationship Education, a 501c3 nonprofit headquartered in Denver, Colorado. Healthy relationships are essential for life success, yet few resources exist to help students establish them. REA changes this by providing engaging, skills-based approaches for building strong connections. Your child's school is excited to teach this program, and we wanted to share the details here.

REA includes 86 lessons. Your child's school will custom-select lessons that are most relevant for its students and their needs. Lesson topics include:

- Personality styles
- How to recognize and respect differences in others
- Effective communication techniques for handling conflict and expressing oneself
- How to develop healthy dating strategies, and ideas for staying connected with good friends
- Guidelines for safe social media use and understanding online advertisements
- How to prioritize self-care, develop coping strategies, and promote mental health
- Resisting peer pressure and setting healthy boundaries, for example, about drug and alcohol use
- How to prevent bullying through strategies for healthy coping and connection
- Self-esteem, emotional safety, and relational connections that can help prevent suicidal behavior
- How to create a vision and apply it to future dreams and success
- The potential benefits of commitment and marriage
- Sex in the context of love, and its effect on health and well-being
- How to develop leadership skills for finding and keeping a job

Each lesson includes interactive activities, where students can practice skills and discuss key ideas in small groups and with the larger class. REA has been used in a variety of settings, including public and private schools, after-school programs, and community organizations. Facilitators who lead the lessons take part in a two-day, in-person training session before being certified to teach the curriculum.

See this link for a short video about the curriculum:

<https://www.myrelationshipcenter.org/resources/what-is-real-essentials>

See the next page for an overview of the key topic areas that your child's school will include. All topic areas include content on communication skills and relationship-building skills.

Topics covered in [SCHOOL/ORG NAME]'s REAL Essentials Advance curriculum

Topic area	Description
<p>Bullying Ways to prevent bullying and violence</p>	<p>Preventing bullying and violence begins by acknowledging the core traumas that trigger the hurt and learning strategies for healthy coping and connection.</p>
<p>Drug and alcohol use Directing students away from drugs and alcohol and teaching healthier coping skills</p>	<p>Using substances makes it harder for people to make intentional and healthy decisions. Often, this behavior has negative effects on relationships. It is important to have the tools and information for handling relationships with a sound mind.</p>
<p>Peer pressure Tools to deal with peer pressure and set healthy boundaries</p>	<p>Learning how to avoid negative influences is important. It is also important to learn skills for being a positive, rather than a negative, influence in your peer groups.</p>
<p>Mental health Skills for prioritizing self-care and improving mental health</p>	<p>Managing stressful physical, mental, and social changes with healthy and positive coping strategies is an important way to achieve your best health.</p>
<p>Suicide prevention Strategies to help prevent suicide</p>	<p>Learning skills for positive self-esteem, emotional safety, and relational connections can help prevent suicidal behavior.</p>
<p>Social media Understanding social media use and its effect on relationships</p>	<p>Being savvy and smart with your online presence is a key part of authentic and safe connection.</p>
<p>Polarizing viewpoints Bridging the gap between opposite viewpoints to heal conflicts in relationships</p>	<p>Having the skills for understanding differing perspectives and opinions is a helpful way to reduce conflict and build community.</p>
<p>Conflict Responding to conflict with productive skills and problem-solving techniques</p>	<p>Knowing ways to prevent, manage, and heal from conflict is important to develop healthy relationships.</p>
<p>Dating drama Tips and skills for creating thriving dating relationships</p>	<p>Having the skills for developing friendships and romantic relationships is the first step to a healthy dating life. Rating the health of current relationships and deciding whether you need to make any changes are also important steps.</p>
<p>Teen pregnancy and sexually transmitted infections Best practices when making decisions about sexual health</p>	<p>Understanding sex within the context of committed love brings up topics such as the meaning of sex, reproductive anatomy, physical intimacy, nonphysical intimacy, and sexually transmitted infections.</p>
<p>Planning for the future Practical strategies for accomplishing longer-term goals</p>	<p>Planning for the future means setting goals, developing leadership skills and character, and preparing for a job or career.</p>